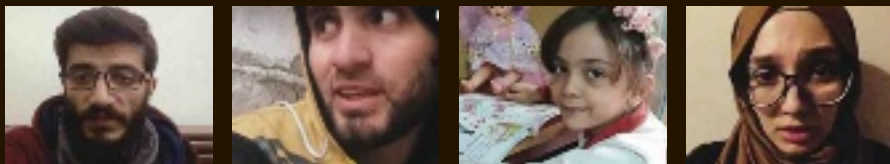


FINAL MOMENTS



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metroLIFE

Your essential daily news | WEDNESDAY, DECEMBER 14, 2016

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Time to talk tax and toll

MAYORS' LETTER

**Truck tunnel
needs ongoing
revenue stream,
Watson says**



**Ryan
Tumilty**
Metro | Ottawa

Mayor Jim Watson has joined a chorus of big-city mayors calling for more powers for cities to tax and toll Canadians to help build infrastructure.

Watson — along with Edmonton Mayor Don Iveson, Toronto Mayor John Tory, Calgary Mayor Naheed Nenshi and Vancouver Mayor Gregor Robertson — signed the open letter released Tuesday.

In the letter, all of the mayors demonstrated specific needs for new revenues with Ottawa singling out the proposed downtown truck tunnel.

"In Ottawa, we have just completed a feasibility study that

outlines the possible construction of a subterranean truck tunnel to eliminate dangerous and disruptive heavy truck traffic."

Watson was unavailable for interviews Tuesday, but his press secretary, Livia Belcea, said in an emailed statement that the tunnel would need a source of ongoing funding.

"The construction of the truck tunnel would require financial commitments from the province of Ontario and from the federal government. It would also require an ongoing revenue stream from the tunnel's users in the form of tolls," she said.

"In anticipation of the construction of the truck tunnel, Mayor Watson supports the big city mayors' request for permission to generate new revenue and increase their revenue powers."

The cost of the truck tunnel has been estimated at between \$1.7 billion and \$2 billion and would be designed to take heavy trucks of the streets in core neighbourhoods.



DREAMING OF A DIY CHRISTMAS

This Christmas ornament
class is just one of the
do-it-yourself gift ideas
we have for you
metroNEWS

Melody Jewitt, owner of
Flo Glassblowing, works
at her shop in Little Italy.
ADAM KVETON/FOR METRO

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We're fit, but not too happy

REPORT
Ottawa grades well overall, but low in life satisfaction

 **Haley Ritchie**
Metro | Ottawa

Low overall life stress but poor mental health? Do you miss your fruits and veggies but still go for a run at the end of the day? If so, then you fit into a new report comparing the health of Ottawa to different cities across the country.

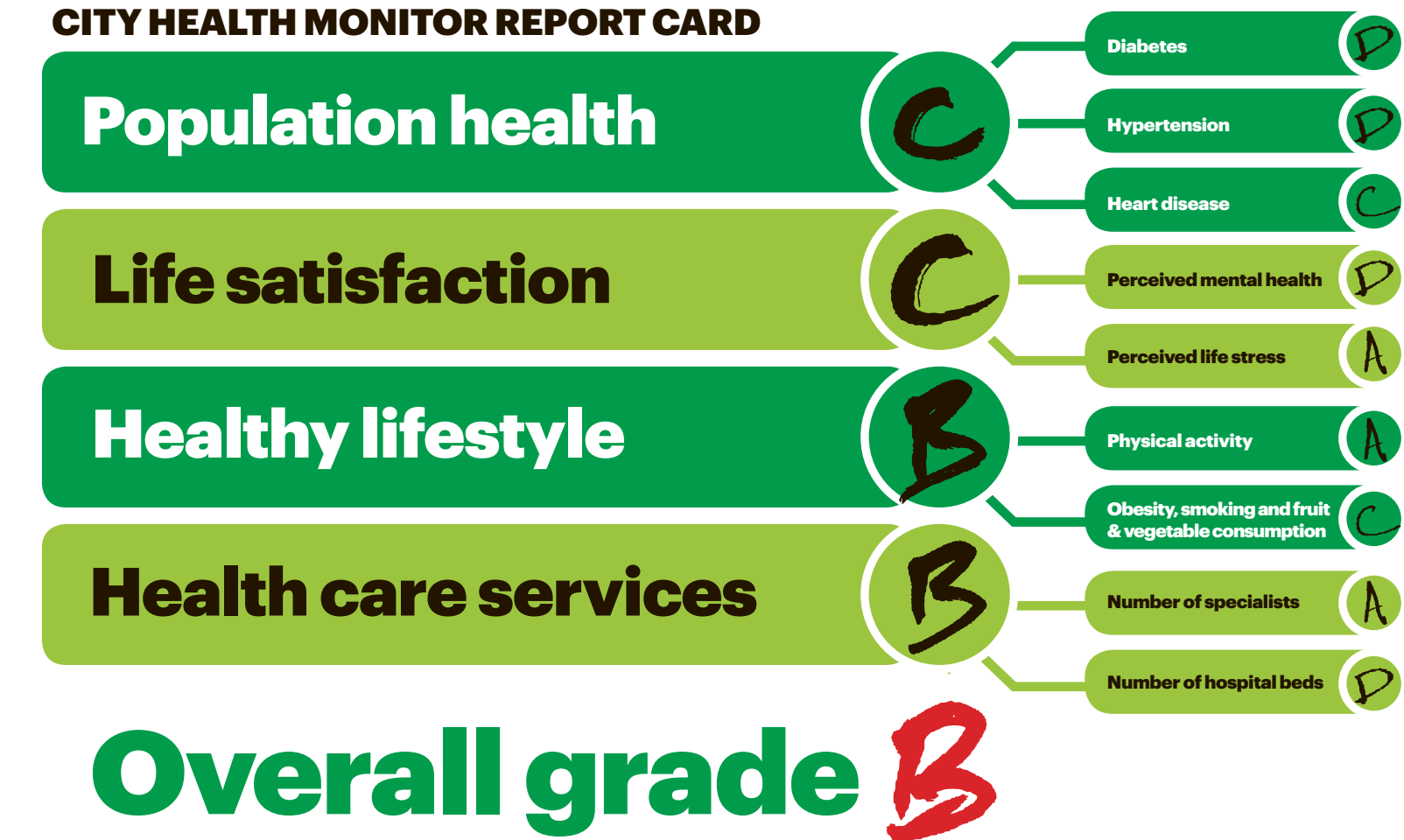
The Conference Board of Canada's newly released City Health Monitor ranks the health indicators of Ottawa right in the middle of 10 Canadian municipalities with an overall grade of "B."

It's not the first time the organization has looked at health indicators, but it is the first report to focus that research on a city level.

"Bringing that discussion to the city level is really important," said Louis Thériault, the organization's vice-president of public policy.

Saskatoon, Calgary and Winnipeg are healthier, but the national capital did score above Vancouver, Toronto and Montreal.

Thériault said the report needs to be kept in perspective, since the 10 cities examined are "top of their class"



overall and are being compared to each other.

The report builds its scores on four indicators: population health ("C" overall), life satisfaction ("C" overall), healthy lifestyle ("B" overall) and access to health care ("B" overall).

"Because all indicators have equal weight, and because people living in Saskatoon, Calgary and Edmonton feel quite good about their life, they stood out quite significantly," Thériault said about the top ranking cities.

Ottawa residents, on the other hand, said they experience less life stress and less work stress but overall reported a lower standard of mental health.

"Services sector workers and public service workers, particularly, tend to have a higher level of anxiety and stress diagnosed by professionals," said Thériault. "Because in Ottawa we have such a large public sector, there's probably a connection there."


Another standout for Ottawa is that the city scored an "A" for physical activity.

"Lifestyle and physical activity really stands out, Ottawa is much more active than the other jurisdictions," he said.


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Ottawa's do-it-yourself gift ideas

With the gift-giving season in full swing, finding that perfect present is on everyone's mind. For those of you who are looking to create something unique for that special someone this holiday season, or if you're trying to find a new challenge for your resident DIY enthusiast, Metro has five do-it-yourself ideas in mind.

ADAM KVETON FOR METRO

1 Make your own beer or wine

There are several stores in Ottawa that offer on-site brewing and winemaking, as well as home-brewing kits. It takes a little over a month or two for the libation to be ready to drink, but a kit for your beer or wine enthusiast may be just the thing. A one-stage beer brewing kit costs around \$110, with a homemade wine kit costing about \$150 and up, according to Defalco's brewing and winemaking store. Making wine on the premises costs about \$70 and you get 28-30 bottles per batch.



4 Paint your own ceramic gifts

If you want to gift a mug or an ornament with a little more pizzazz, check out The Mud Oven. It's a local paint-it-yourself ceramics shop with Christmas ornaments, mugs, cookie jars and many other items ready to be painted by you. They are ready for pick-up about seven days after being fired, so move fast if you want them done for Christmas. Ornaments start at \$13.

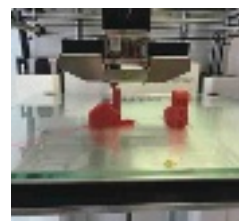
2 Photography classes

Have a photography enthusiast looking to up their game? There are plenty of local photographers and larger companies in Ottawa offering beginner and intermediate classes. Group excursions/lessons can cost around \$30, with one-on-one or multi-week classes costing around \$250. By the end, the photographer you're buying for will be ready to capture Christmas and winter moments like never before.



3 3D prints

If you know how to create 3D files, you can have a 3D ornament, figure or movie prop made by local Ottawans with 3D printers via the 3DHubs.com service. The Ottawa Public Library also offers free introduction classes to 3D printers and laser cutters.



5 Glass creation

Learn how to make unique glass Christmas gifts for \$35 per ornament at Flo Glassblowing until Dec. 17. A bead making class is scheduled for Dec. 21. Check out floglassblowing.ca for more info.



HEALTH TRANSFERS

Ontario wants 5.2% increase

Ontario is proposing a new 10-year federal funding plan that would see Ottawa's health transfers to the provinces rise by 5.2 per cent a year.

Premier Kathleen Wynne called the idea a starting point for discussion, and said in exchange the provinces would commit to spend the money on priority areas they agree on with Ottawa, such as mental health and home-care services.

The provinces and territories oppose the federal government's plan to cut the increase in health transfers from six per cent to three per cent a year, warning it would have a dramatic impact on health-care delivery. The premiers agree a three-per-cent annual increase "is not going to cut it," Wynne said, especially when Ottawa provides only 23 per cent of the amount spent on health care.

"There was a fair bit of consensus that (5.2 per cent) was the kind of increase that we need to look at," she said.

Wynne cited reports from the Conference Board of Canada and the federal Parliamentary Budget Officer that more than three per cent is needed to keep up with the demands an aging population will put on the health systems.

THE CANADIAN PRESS

'This has been a dream of mine for some time': Mayor

One on one with **Jim Watson**

Ryan Tumilty
Metro | Ottawa

Next year's 150th birthday celebrations will build a lasting legacy in the city and bring back visitors for years to come, Mayor Jim Watson says.

In a year-end interview with Metro, Watson said he believes there will be something the city can build off of coming out of the Ottawa 2017 celebrations.

He said a moment like this in the country's history should

be marked. "This has been a dream of mine for some time," he said. "I remember going with my parents to Expo 67. I must have been five or six then. It was pretty exciting. The world came to Canada."

Watson said the string of events are a mix of both one-off events and legacy events. He said even an event like Red Bull Crashed Ice doesn't have to be something the city only does once. "We have the option every three years to have it back. It's going to attract probably 100,000 people," he said.

The mayor said the city's events in 2017, even when they

are one-offs, are largely meant to attract people to Ottawa and make them want to come back.

"These things might be one-week events, but they add to our credibility and résumé as a city that can really roll out the red carpet and host national and international events," he said.

Watson added that the city would be hosting a record number of conventions this year and believed that would continue to fuel the city's tourism business for some time to come.

"We see more and more business people who will come here for a convention and then come back with their family," he said.

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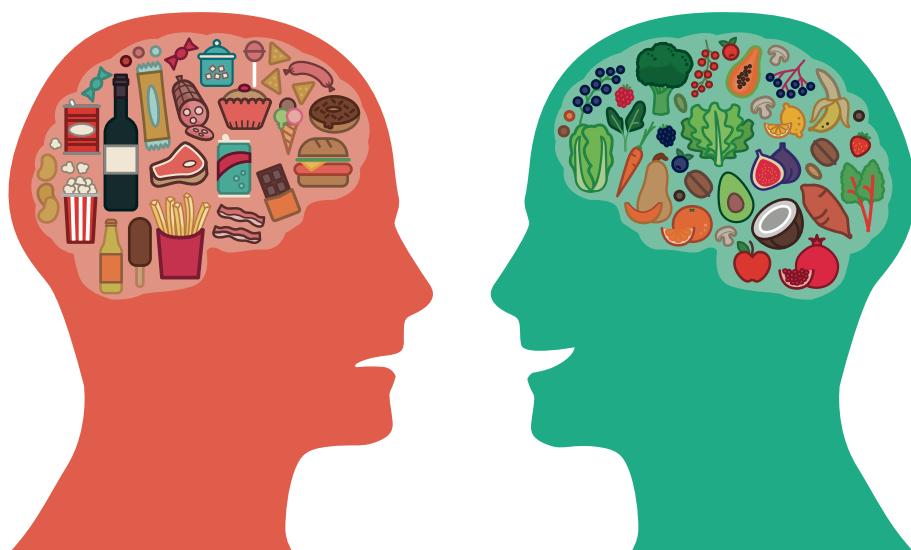
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A registered nurse prepares supplies at the Insite safe injection clinic in Vancouver, B.C.

THE CANADIAN PRESS

Safe injection site likelier in Ottawa

PUBLIC HEALTH

Local centre is willing, now federal process seems easier



Ryan Tumilty
Metro | Ottawa

The federal government's new stance on supervised injection sites could make it easier for one to open within months in Ottawa.

The Liberals announced Monday that they would be streamlining the current process for setting up a supervised injection site. The system set up under the former Conservative government required a long list of approvals and regulations. The Liberals proposal is significantly more streamlined.

Rob Boyd, director of the Oasis program at the Sandy Hill Centre, said it showed them that the government is prepared to help set up such sites and he hopes they will be able to open next year.

"Yesterday's announcements were a clear indication that the government is looking to facilitate supervised injection sites," he said.

Boyd said the centre is readying an application under the old system and will still do that rather than wait for the legislation the Liberals introduced to pass.

"We don't have all the pieces in place. We're finalizing a few of the policies and procedures," he said.

The old system required letters from both the community's police chief and council supporting a supervised injection site. Mayor Jim Watson and police Chief Charles Bordeleau have both indicated they don't support centres.

Boyd said they can still submit an application and they believe the government will still consider it positively.

"It doesn't say that it has to be support for them, but we do require a letter indicating their opinion," he said.

The Oasis program currently offers addiction counseling, as well as needle exchange programs and other services, and Boyd said they felt it was the appropriate location for an Ottawa service and their users agreed.

He said they've already done a lot of community consultation and they believe the neighbourhood will see the service as a benefit.

"Our expectation is that once we open up and people have some experience with it that they are going to see it the same way we do," he said. "It's not something that is going to attract a greater amount of crime or drug use."

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TRAVEL

New rules call for all-in ad pricing in Ontario

Travel ads in Ontario will soon have to include all taxes and fees under new rules that the provincial government says are meant to protect consumers.

The province says the rules, which take effect Jan. 1, will help reduce confusion and prevent surprises for travellers, as well as ensure a level playing field for the travel industry.

"People across Ontario can now research and buy their vacations and business travel with confidence and without surprises

— the price advertised will now be the price paid," Marie-France Lalonde, Ontario's minister of government and consumer services, said in a statement.

The change was also hailed by at least one industry group, which said all-in pricing "provides consistent guidelines for the travel industry when advertising and promoting the price of travel services."

"Reducing confusion helps consumers and businesses," said the Travel Industry Council of

Ontario, which is tasked with enforcing the province's Travel Industry Act.

A spokeswoman for Flight Centre Canada, a Vancouver-based travel agency with locations throughout British Columbia, Alberta, Ontario and Nova Scotia, said the company welcomes the new rules and in fact has already been advertising with all costs included for several years. "Full transparency in pricing will reduce confusion while at the same time encour-

age fair competition from sun wholesalers and retailers so this is very good news for both the consumer and the travel industry," Allison Wallace said in an email.

She said Ontario has been leading the pack when it comes to regulating travel advertising in Canada.

The regulations apply to any ads made by a registered travel agent or wholesaler that refer to the price of travel services.

THE CANADIAN PRESS



More university students seem to be frequenting Ottawa's vape shops. TRAVIS LONG/RALEIGH NEWS & OBSERVER/TNS

Vaping big with students

LIFESTYLE

Retailers say health reasons behind surge in university sales

Selene Tan
For Metro | Ottawa

Vape shops around Ottawa say they've noticed more and more of their customers seem to be university students. "Our sales are amazing. There are a lot of university students coming in," said Mateo Cherkaoui, manager of the downtown Sir Vape-A-Lot location.

"A lot of people, on a daily basis, they come in just asking questions, which is totally cool, but they come back in a week or two or in a month to actually buy our products," said Cherkaoui.

Clear Sky Vapes owner Ron Couchman says he's noticed the same trend. "There is higher number of university students

getting into vaping than getting into smoking for the first time," said Couchman.

Couchman speculates university students are turning to vaping to quit smoking, or as a "healthier" alternative to smoking cigarettes to reduce stress. Peer pressure may also be at play, he added. Ramie Payyad, a Carleton University student, said he was introduced to vaping by his friends. "I smoke cigarettes, so vaping helps diminish the cravings," he said.

The federal Liberal government tabled legislation last month aimed at keeping e-cigarettes out of the hands of young people while keeping them available to adults as a "likely less harmful" alternative to tobacco, saying the time has come to regulate their manufacture, sale, labelling and promotion.

Couchman supports the move. "This industry does need some regulation," he said. "I would say that the mature side of the business wants responsible regulation, it's good for business, it's good for customers."

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IMARKETING

Eighteen-year-olds could legally buy pot

POLICY

Federal task force releases report planned on legalization

The federal government will bring in legislation next spring that could see storefront or mail-order sales of legal recreational pot to Canadians aged 18 and

older if Ottawa adopts recommendations in a new report.

The report by a task force assigned to study how the Liberals could implement their campaign promise to legalize pot was released Tuesday, and said three provinces, including Ontario, may want to set the legal marijuana consumption age higher to match their minimal drinking age of 19.

Overall, the task force chair said regulation of many aspects of

a new legalized marijuana market should be left up to provinces working with municipalities. It called for strict rules on personal possession, sale and distribution, along with massive investments on public awareness campaigns, research into the medical effects of marijuana, and on boosting law enforcement's ability to police drug-impaired drivers.

Anne McLellan, chair of



the federal task force that released 80 recommendations Tuesday, said the panel "took into account" advice from the Canadian Medical Association which called for a minimum age of 21 years old for legal consumption based on fears of damage to teenage brains.

But McLellan said the report opted for a younger age to avoid the criminalization of the highest group of pot users — youth

aged 18-25.

In an interview, McLellan said: "18 is the age at which young adults, and I call them deliberately young adults, are expected to be able to make decisions."

The 106-page report did not say at what price it expects organized crime or black market sellers would be squeezed out of the game, saying those questions will be up to provinces and commercial players in the marketplace. Generally its re-

searchers assumed that pot now sells for about \$8 a gram in the illegal market. The task force did not project how much revenue governments could make once they begin collecting taxes on legal pot sales.

But it made specific recommendations that individuals be allowed to legally possess 30 grams for personal use, or grow 4 plants in their own home, without having to face criminal sanction. TORSTAR NEWS SERVICE



People take selfies near Niagara Falls, newly illuminated by LED lights. JULIO CORTEZ/THE ASSOCIATED PRESS

TECHNOLOGY

Niagara Falls lights up for dark winters

The nightly spectacle of Niagara Falls lit up after dark just got more spectacular.

A \$3-million upgrade saw the installation of 1,400 new high-tech lights called luminaires that beam brighter and more vivid rainbows of light from Canada onto the famous waterfalls.

Mixed together, the separate red, green, blue and white LED units can illuminate the waterfalls against the night sky in endless combinations that range from subtle hues to deeply saturated colours.

Perched on the upper level of an 1899 building known as "Illumination Tower," the high-intensity system unveiled Dec. 1 replaced a bank of 21 spot-

lights, each 30 inches in diameter, that were equipped with coloured gels.

The illumination highlights the sections of Niagara known as American Falls and Canadian Horseshoe Falls.

The first major upgrade in 20 years has more than doubled the previous lighting levels and filled in gaps the old spotlights could not reach. Officials expect it will reduce energy consumption by 60 per cent.

The shorter the days, the longer the night light shows, meaning winter offers prime viewing. Visitors unwilling to brave the frigid air outdoors can watch from the windows of hotels and restaurants on the Canadian shore.

THE ASSOCIATED PRESS

IN BRIEF

Feds launch review of assisted dying law

The federal government has initiated the promised review of its restrictive law on medically assisted dying to determine if it should include those suffering strictly from mental illnesses, mature minors and those with competence-eroding conditions. The government said it has engaged the Council of Canadian Academies to conduct reviews on each group and report back by 2018. THE CANADIAN PRESS

No progress on indigenous rights, group says

Canada has made progress improving its human rights record, Amnesty International says, but has "stumbled" or "failed" in a number of areas — including indigenous rights. Alex Neve, the secretary general of Amnesty International Canada, says Trudeau's Liberal government has demonstrated leadership in areas such as transgender rights and fighting the death penalty around the world. THE CANADIAN PRESS



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Rebels to evacuate in surrender

Syrian rebels reached a ceasefire deal to evacuate from eastern Aleppo in an effective surrender on Tuesday, as Russia declared all military action had stopped and the Syrian government had assumed control of the former rebel enclave.

The developments, which appeared to restore the remainder of what was once Syria's largest city to President Bashar Assad's forces, followed reports of mass killings by government forces.

UN Secretary-General Ban Ki-moon told the emergency meeting he had received "credible reports" of civilians killed by bombing and summary executions by pro-government forces.

The UN human rights office said it had received reports of pro-government forces killing at least 82 civilians in the rapidly-shrinking rebel enclave, including 11 women and 13 children.

A spokesman said the reports described pro-government forces entering homes and killing civilians "on the spot."

Rami Abdurrahman of the Britain-based Syrian Observatory for Human Rights said hundreds of bodies were still under rubble.

THE ASSOCIATED PRESS

Goodbye from Aleppo

Aleppo's doctors, activists and residents bid emotional goodbyes in online videos and social media posts. They wanted to have the final say in the merciless civil war.



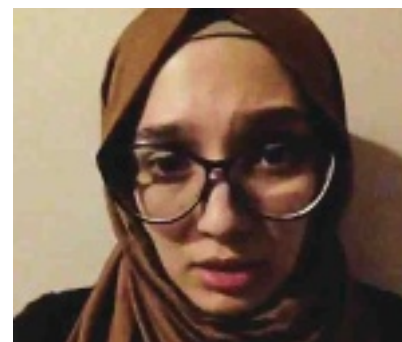
MONTHER ETAKY: This planet doesn't want people to live as free or to live as humans.



ABDULKAFI ALHAMDO: At least we know that we were a free people...We didn't want anything else but freedom.



BANA ALABED: My name is Bana, I'm 7 years old. I am talking to the world now live from East #Aleppo. This is my last moment to either live or die.



LINA SHAMY: Every bomb is a new massacre. Save Aleppo, save humanity.

First came the distress calls from doctors in underground shelters and morgues. Then residents under relentless bombardment in the few remaining blocks under rebel control in Aleppo began posting emotional good-byes on social media and in widely circulated messages.

They wanted to have the final say in the merciless civil war.

"There is a problem with this planet," said Monther Etaky, a 28-year old graphic designer. "This planet doesn't want

people to live as free or to live as humans.”

The world's view of the Syria conflict has been largely driven by YouTube, Twitter and Facebook — making it one of the world's most documented wars through amateur videos and coverage. This has given the activists a major role in chronicling the war, and in lobbying for the world's response.

Nearly six years into the conflict, they complained the world has been looking the other way.

“Why is this silence? People are being eliminated,” tweeted Abdulkafi Alhamdo, an English teacher who has been a vocal critic of President Bashar Assad’s government. Then, he wrote: “The last (message). Thanks for Everything. We shared many moments. The last tweets were from an emotional father. Farewell #Aleppo.”

A local aid worker who gave only his first name, Omar, sent an emotional recorded message that was widely shared on

Whatsapp.

"The government forces are at the end of the street. Forgive us," he said in issuing a tormented apology for failing to protect the rebel enclave, once seen as the jewel of Syria's rebellion.

After four years of holding onto nearly half of what was once Syria's largest city and commercial centre, thousands of residents of rebel-held Aleppo had been cornered in a one-square-mile sliver of land for days as Syrian government

troops, backed by Russia, resisted calls for a cease-fire, pushing into the territory as rebel defences crumbled.

Etaky said the fast buckling of rebel defences shocked him at first.

After months of siege imposed since July the rebels had no more power to go on, he said. With their families trapped in the city with them, many fighters left the front lines to tend to their relatives' safety.

THE ASSOCIATED PRESS

[illegible]



JESSICA ALLEN ON A CELLULOID OBAMA



As the real Barack prepares to hand the keys over to the man who led the birthers, the last eight years seem really nice, in retrospect.

This year has seen no shortage of biopics. Films like *Lion*, *Loving*, and *Denial*, have introduced some of us to heroes whose names and stories we didn't know. Others have tackled the more familiar lives of those who go by a singular moniker — think Miles, Nina, Jackie, Sully, and Snowden. And then there's Barry, who now goes by Barack. POTUS is the subject of not one but two films released this year, both of which take place before he was POTUS, and one of which, *Barry*, will be released on Netflix on December 16. Set in 1981, when Obama transfers to Columbia as a junior majoring in political science and English, the film delighted me, along with an audience of 1,200, when it premiered in September during TIFF.

In our house, biopics are a hot topic. Simon refuses to watch them, but I love them. The irony is that we probably love and hate them for the same reasons; the depiction of a life, be it a single defining moment or a broad sweeping cradle-to-grave affair requires reducing, like a good spaghetti sauce. But Simon has little faith in the genre, so I wasn't surprised that he's expressed no interest in watching *Barry*.

"What about *Primary Colors*?" I asked, citing a movie I know he loves.

"That was different," he said. "It was a roman à clef." I couldn't quite see how

Biopics are often as much about the past as they are about the present and even the future.

that mattered. Would the film's attempt to show the sordid, warts-and-all machinations of the political process be fatally undermined if John Travolta's character was called Bill?

The thing is, *Barry* is a nice movie. And as the real Obama prepares to hand the keys to the kingdom over to

contest of op-ed history," Marche wrote a few weeks ago, in a piece called "The Obama Years" for the *Los Angeles Review of Books*, "I doubt anyone will be able to capture his saturation of our imagination."

He may be right. But *Barry* manages to capture something beautiful: medita-

ence waited for Devon Terrell, the actor who had taken on the enormous task of portraying the president of the United States for his first feature film, to speak. And as he told us how he wanted to avoid caricature (he did), how he learned to write and play basketball left-handed, how he had an emotional connection to Obama because change the name and it could've been about him, we rustled in our seats with surprise upon hearing his voice. "I'm Australian by the way," he said.

"We really wanted to make sure that you could relate to *Barry*," director Vikram Gandhi said, "that you can glean something about race in America, and that even if you forgot who he would become, you'd still believe he would become someone significant."

But it was sometimes difficult to lose sight that *Barry* would become Barack, especially during a love scene that left a row of women directly behind me whooping and hollering, "Michelle isn't gonna like that," one of them said, assuming for a moment that she'll see it.

And maybe the Obamas will "Netflix and chill." Biopics are often as much about the past as they are about the present and even the future, even though the foreshadowing is not always intentional. When *Barry*'s filmmakers, for example, conceived of the project and saw it through, they must've felt celebratory. Even back in September there were was a sense of elation in the audience. But now, the moment portrayed, and the last eight years, feel less like a celebration. They feel like an elegy.

Jessica Allen is the digital correspondent on CTV's *The Social*.



Devon Terrell as Barack Obama in a scene from *Barry*. LINDA KALLERUS/NETFLIX/THE ASSOCIATED PRESS

the man who led the public crusade for the release of his birth certificate, the last eight years are starting to seem really nice, too.

Under his watch, same-sex couples gained the right to marry, the unemployment rate fell, as did the number of uninsured adults, and Osama Bin Laden was killed, journalist Stephen Marche noted almost a year ago in the *Los Angeles Times*. But not everything has come up roses: "Under an African American president, we've grown used to the fact that white police officers kill unarmed black civilians," he wrote. "Under a liberal president, the rich have gotten richer and the middle class has stagnated."

Yet "even as the world is beginning to tote up his legacies for the great pissing

tive moments are weaved throughout the narrative that illuminate the life of a man trying to figure out who he is, where he comes from, and where he is going. Even scenes that foreshadow greatness aren't ham-fisted: when Obama meets the parents of a white woman he's dating, he slowly ascends stairs whose walls are lined with gilded-frame oil paintings of past presidents. When he picks up books from a street vendor, one is Ralph Ellison's *Invisible Man*, which he still cites as a favourite. Another is by W.E.B. Du Bois, the first African American to get a doctorate from Harvard, where Obama went to law school after his time at Columbia.

After the credits rolled and the filmmakers and cast walked on stage, the audi-

VICKY MOCHAMA

The term 'woke' is hereby put on ice until further notice

Dearly beloved, we are gathered here today to say goodbye to "woke."

I'm not putting woke away out of meanness; I just want to save it from the same fate as "shade." A phrase from drag culture's rich lexicon, the mainstreaming of "shade" enriched the cultural landscape. At first, "Shade" now has a thriving career in being misapplied by news outlets desperate for millennial clicks. (The misuse of shade is being expertly adjudicated with tireless, if vexed, commitment by Jezebel's Kara Brown.)

Woke must be buried to save us from ourselves. We clearly don't know what words mean anymore.

Woke had a good run. Erykah Badu sang it in her 2008 song "Master Teacher," which birthed the current popular meaning of the word.

Woke had a quiet adolescence in being used mainly by Badu fans and tired people. But always, for Black people, wokeness meant staying alert to the injustices levelled at our bodies and communities, and continuing to resist the systems that perpetrated those injustices. After the 2012 murder of Trayvon Martin and the exoneration of his murderer, Black people on Twitter reminded each other to #staywoke.

Recently, former Fox News screaming chalkboard Glenn Beck has been described as woke. Writing for the *New York Times* he said, black lives matter, possibly, especially for

the couple of black people he has personally met. (I'm paraphrasing but only to save you the time.)

This belief in the partial humanity of black people, added to a *New Yorker* interview in which he admitted to being influenced by Barack Obama, made some people believe that Beck was woke now. He is not.

Beck's media platform, *The Blaze*, continues to peddle the same shrill toxicity that his Fox News show once amplified. Tomi Lahren, a sort of Ann Coulter but blonder and less overtly racist, hosts a show for *The Blaze*. If Glenn Beck is woke, his work manages not to be.

Wokeness isn't be a badge to be shined; for black people, it's a mode of survival. And for white populations, it must be matched with a desire and actions to protect the most vulnerable and marginalized.

As the horrors of the Trump presidency are unveiled, people — by this, I largely mean white people — will awaken to the fact that Muslims and Mexicans are, indeed, human beings. They must not be allowed to claim wokeness. Rather than let it be diluted by mainstream (read: white) culture in the manner of a Disney movie, we must put woke into the vault.

Words lose their impact when they cease to mean anything. In the way that "alright" obscures hate, "woke" gives many people more credit than they've earned.

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Wonder Woman has been fired from her honorary ambassador job at the U.N. following protests about her suitability as a role model.



5 WINES FOR WHATEVER TYPE OF BOSS YOU HAVE

Face it. You can't buy your boss a piece of clothing (too personal), or cologne (too allusive) or a book on how to be a better boss or human being (as tempting as that may be). But you can never go wrong with a bottle of wine. So to help you wrap up your gift game, we've paired five bottles to five breeds of bosses. See if you can find yours on the list. TORSTAR NEWS SERVICE

1 Young and restless boss

2015 Big Bill Ridiculously Big Cabernet Sauvignon, Western Cape, South Africa (LCBO 457119, \$12.95, in stores only)

If your boss is under 35 and recently discovered the glories of fermented grape juice, thrill him or her with this red — it's a bit of a big deal. Not only does it sport a funky name and cool label, it tastes amazing, with loads of ripe, opulent fruit layered with notes of bonfire, cigar, baking spices and chocolate-covered burnt almond. And the wine is a tribute to a real-life hero, making it a great boss gift. This bottle was made to honour William "Big Bill" Millar, the boxing champ, war hero, rugby captain and first GM of this wine's winery, KWV. A solid gift idea for the millennial boss. **Score: 89+**

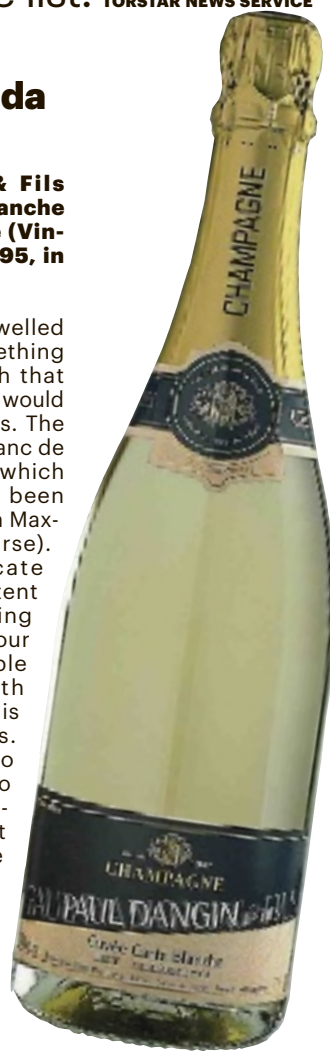


3 The Devil Wears Prada boss

NV Paul Dangin & Fils Brut Cuvee Carte Blanche Champagne, France (Vintages 450460, \$51.95, in stores only)

To impress this bejewelled boss, you need something so profoundly stylish that only those in the know would see it for the gem it is. The find? This beautiful Blanc de Blancs Champagne, which Maxim's of Paris has been serving for years (with Maxim's labelling of course). Pierced by a delicate string of tiny, persistent bubbles and brimming with aromas and flavour of the best-ever apple crumble edged with salted nuts, this wine is drop-dead gorgeous. Paul Dangin & Fils also supplies Champagne to the British royal household by appointment from Her Majesty the Queen.

Score: 94



4 Creative genius boss

2013 Big Smooth Old Vine Zinfandel, California (Vintages 470179, \$24.95, in stores only)

If you work for a creative genius, odds are they didn't move up the ranks by MBA skills alone. So give a bottle that's both smart and scrumptious — such as The Big Smooth, which just hit shelves. The leg-lamp label symbolizes the holidays because it's a prop from A Christmas Story; the plum velvet label mirrors the wine's flavour and texture; and the wine's instant appeal, complexity and polished purity of fruit says you know your stuff. Best part? None of this will be lost on the recipient.

Score: 91



5 Button down boss

2010 Montecillo Rioja Reserva, Rioja, Spain (LCBO 621003, \$18.15)

If your boss is the buttoned-down type, s/he no doubt has a built-in, knee-jerk, deeply-ingrained appreciation of the classics. And this traditional Rioja Reserva, with six years of age on it, is sure to please and offers exceptional value for money. It's sleek glossy texture slides across the palate then broadens and deepens almost instantly to reveal rich but bone dry flavours of black cherry and black raspberry edged with vanilla bean, milk chocolate, coffee bean, toasty oak and toffee. A lovely chalky-texture on the finish holds the flavour intact for ages. You'll want to buy one for yourself, too. **Score: 92**



2 Praise-happy boss

Santa Margherita Brut Valdobbiadene Prosecco Superiore, Veneto, Italy (Vintages Essential 687582, \$18.95 reg., \$16.95 till Dec. 30)

You know the boss whose eagerness to praise knows no bounds? The one who lives for small successes, publicly applauding everything from big business wins to the most inane ideas. Resist the urge to give him or her a box of shiny stars and instead give something to toast the next achievement. So give a bottle or two of this delicious, dry, pear-and-seaspray-scented Prosecco and be done with it. **Score: 94**



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Why Jones' Jyn is the perfect tonic

INTERVIEW

New heroine is latest to prove that Star Wars is no boys club

Star Wars gets a bad rap for being a boys club, and sometimes rightfully so, but the truth of the matter is that women have always been an integral part of George Lucas's world and the franchise's fan base. On screen, the names Leia, Amidala and Rey are as instantly recognizable and known as any others — and none were ever just playing “the girl.”

With this now 39-year-old tradition in mind, *Rogue One: A Star Wars Story* introduces a new heroine to the ranks — Jyn Erso, an abandoned child of war who must decide what she believes in as the world devolves into chaos. Director Gareth Edwards talked about developing the character and settling on the idea that “Jyn isn't just a woman — she's a person.”

“I wanted to make a character that I would want to be. Not to fancy her or want to marry her, but want to be her. It was just a cool person,” Edwards continued.

He and the team at Lucasfilm settled on English actress Felicity Jones, 33, to play the part. Already an Oscar nominee for her portrayal of Jane Hawking in *The Theory of Everything*, Jones had been making a name for herself in smaller projects, like the indie romance *Like Crazy*.

“For years I've been constantly looking for these kinds of parts and these kinds of films and the



Rogue One: A Star Wars Story was the kind of large-scale role Felicity Jones couldn't turn down. CONTRIBUTED

opportunity to make it on such a large scale was pretty hard to turn down,” said Jones, who also appears in the upcoming fantasy tale *A Monster Calls* and opposite Tom Hanks in *Inferno*.

Jyn gets the full weight of an origin story in *Rogue One*, out Friday. Her father, Galen Erso (Mads Mikkelsen), is a scientist who once worked for the Empire, left that life behind and, at the beginning of the film, gets drawn back in to help finish the Death Star — leaving his young daughter behind to fend for herself.

As an adult, she's forced to confront her past in various ways.

“I like her determination,” Jones said. “She doesn't let go of something until she succeeds. She is very, very focused and tenacious in the face of when she's set a task.”

And while Jyn is not a princess or a queen or, well, whatever Rey turns out to be, Jones does think she shares similarities with those who came before her.

“They are quite forthright but they are instinctive and they kind of — they don't mess around,” Jones said. “She's very true to the other ‘Star Wars’ heroines in that way.” THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Word police play it forward

THE SHOW: *Brooklyn Nine-Nine*, Season 4, Episode 9 (Fox/City)
THE MOMENT: The reporters' names

Hyperactive cop Jake Peralta (Andy Samberg) and his deadpan captain Ray Holt (Andre Braugher) are watching an unqualified colleague get a commendation because, Peralta says, they “overmined” him — gave him credit he didn't deserve. Holt winces at “overmined.”

“You know I hate when you make up words,” he says.

“Are you still mad at me for saying ‘snaccident’?” Peralta asks.

“Yes. Very,” Holt replies.

Peralta looks around at the

crowd of reporters. “Even *The Times* is here,” he says.

“Really? Who'd they send?” Holt asks, then fires off, “Wilson? Palmer? Schneider? Levine? Rogers? Tyler? Baker? Schmidt?”

“Stop saying reporters' names,” Peralta says. “How do you know so many names?”

“They're the only real rock stars we have left,” Holt says.

You know you're invested in a TV show when you feel like they're writing jokes just for you. This particular exchange was like an early Christmas present with my name on it.

Not only are Peralta and Holt a 21st-century Laurel and Hardy, with a delivery that's like a well-oiled lock and key. Not only did

I laugh a long time at “snaccident.”

But then Holt — still perfectly within the established parameters of his character, mind you — tossed that lovely bone to us hangdog newspaperfolk, who are reluctantly watching our lights go out all over North America.

This show is allegedly about cops, but really it's about wordplay. The writers (and their hyper-articulate characters) are drunk on it. And this highly specific shout-out is their toast to reporters, their comrades in type.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

FRUITS

Learning to love persimmon

Karon Liu

Torstar News Service

My mom doesn't find much pleasure in eating fruits. Frankly I'm surprised she hasn't come down with scurvy.

But, around this time of year she'll buy cases of persimmon, a deep orange fruit originating from Japan and China, that are in season throughout the late fall and winter months. It took me a while to appreciate the milder flavour of the wintertime fruit, but now I look forward to it when fresh, seasonal fruit is scarce in Ontario.

Persimmons are mildly sweet and juicy with a slight crunch that reminds me of a cross between a peach and a pear. In supermarkets you'll commonly find two kinds of persimmons: the fuyu and hachiya.

Aside from eating them raw by itself or in salads or cheese platters, persimmons can also be cooked. Treat them like you would with an apple and turn them into jams, purees, tarts and cakes.

You can bake them, poach them in wine, or pair them with pork like I did for this easy pork chop and Brussels sprouts dish.



Persimmons can work well baked or poached. CONTRIBUTED

Pork chops with warm persimmon and Brussels sprouts

Makes 1 serving.

Ingredients:

- 2 tsp (10 mL) olive oil
- 1 garlic clove, minced
- 10 to 12 Brussels sprouts, halved
- 1 ripe persimmon, peeled and cut into eighths
- Salt and pepper, to taste
- 1 tsp (5 mL) olive oil
- 4.5oz (125g) boneless pork chop
- Balsamic vinegar, for garnish

Directions:

1. In a large skillet over medium heat, heat oil. Add

garlic and Brussels sprouts. Season with salt and pepper. Lightly toss and cook until sprouts begin to brown and soften, about 6 to 8 minutes.

2. Add persimmon and toss for another 3 or 4 minutes, or until persimmon softens slightly and Brussels sprouts begin to slightly char. Remove and transfer to serving plate.

3. Wipe down pan and heat 1 tsp oil over medium high heat. Cook pork chop for 3 to 4 minutes on each side. Let rest of 5 minutes before slicing. Transfer to plate, drizzle meat and vegetables with balsamic vinegar. Serve immediately.

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REVIEW

WRX STI has high level of driving engagement



Jodi Lai
AutoGuide.com

Subaru people are among the most vocal in the world of automotive fandoms about how much they love their cars.

I've driven practically the whole lineup of Subaru cars, and while they are very decent vehicles, I was never overwhelmingly impressed by them. They were good, but not the best. The Subaru fandom always left me a bit confused, and I assumed they adhered to some sort of cult mentality with their blind faith in a quirky brand.

That's until I finally got to drive the 2017 Subaru WRX STI, which may have made me into a convert.

After spending some quality time with the sedan, I am now able to fully understand the draw of the STI. The beautiful thing about it — and let's not kid ourselves, it's not how it looks — is how it makes you drive like a teenager who has nothing to lose. There's a level of driving engagement that is pretty much unmatched by anything else in its price range. It's impossible not to have fun when driving it, even when you're going slow. Cars like this are really rare, and I was actually really surprised by how giddy I felt driving it.

The one thing that people

might not like about this car is that drama. Nobody is going to see this car and assume a responsible adult is driving it. Passersby and law enforcement will notice the huge hood scoop and comically large wing sitting on the trunk, hear the exhaust's aggressive cracks and burbles, and see someone who's looking for trouble. I think that's all part of the fun. Sleepers have their place in the world, but I'm just so entertained by the constant drama surrounding this car.

The fun starts with the powertrain, a turbocharged 2.5-litre boxer four-cylinder and permanent full-time all-wheel drive. The engine puts out 305 hp and 290 pound-feet of torque, and the STI is one of the only cars that is still exclusively available with a manual transmission. This six-speed manual is great to use, with short and precise throws (it's much better than the one in the WRX). The gearing for first and second are a bit short and you'll hit redline in no time, so I wish those gears were a little bit taller, but it's not a deal-breaker.

The brakes are sharp, the clutch is the right weight and feels intuitive to use and the steering is also fantastic, heavy, dialed-in and responsive, and quicker than WRX. Off-the-line acceleration is freaky fast, though not drag strip fast, and max torque is available as early as 2,000 rpm. There is a wee bit of turbo lag, but the car feels light, and like it's always ready to throat-punch you, but is also entirely manageable at the same time.

I finally understand what Subaru fanboys are always going on about.

THE CHECKLIST | 2017 SUBARU WRX STI REVIEW

THE BASICS

Engine: 2.5L turbo four-cylinder
Power: 305 hp, 290 lb-ft
Transmission: Six-speed manual
Fuel Economy (L/100 km): 13.8 city, 10.2 hwy
Price: Starts at \$40,795 (for Sport model)



LOVE IT

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LEAVE IT

- Cop magnet
- Inferior infotainment

TIPS

Steps to storing your car for the long winter season



Dan Ilika
AutoGuide.com

It's December, a dreaded time of year for classic and sports car owners living where the mercury drops and the white stuff falls.

Attachment issues aside, there's no better way to protect your ride from the elements than keeping it out of them altogether. (With that in mind, here are eight helpful tips to get your car ready for its winter hibernation.)

Store it somewhere dry

While leaving your car outside is certainly an inexpensive storage option, it defeats the purpose of taking your ride off the road for the winter months. That's where a garage comes in handy — and preferably a climate-controlled one with a concrete floor.

If it's just not realistic to boot your daily driver out of the garage for the next four months, paying for indoor storage is a worthwhile endeavor.

Change the fluids

Before you put it away, it's im-

portant to change your vehicle's fluids. Everything from the engine oil and filter to the coolant — and even the gas — should be replaced with clean stuff to reduce the potential for harmful contaminants floating around vital components.

Put it away clean

So you've driven your beloved ride one last time. The next step is to get it ready for storage with a thorough cleaning. Hand-washing and waxing isn't just therapeutic; it also provides an extra layer of protection against

corrosion and damage to the paint and exposed components. A thorough detail job inside and out won't hurt either, and will leave your ride road-ready come spring. Once it's all spick and span, close the windows and put some boxes of baking soda in the cabin and cargo area to absorb moisture.

Keep the critters at bay

Insects and small animals like mice love to find cosy places to settle down for the winter, so don't let it be your classic or sports car's cabin or engine

bay. Make sure all the doors and windows are sealed tightly, and wrap up the exhaust and air intake to keep pests from crawling inside.

Steel wool can also be stuffed inside the exhaust and intake if you so choose, but don't push it in too far or you'll be fighting to get it out in the spring. Once that's done, put a quality car cover on it.

Prop it up on jack stands

This step may seem a little on the extreme side, but it's an important one — especially if the vehicle is going to sit stationary

+ DON'T START

- Use whatever willpower you have to avoid hopping in and starting the engine — unless, of course, you plan on driving it. Idling the engine will do more harm than good.

for weeks on end. Leaving the car on its tires for a prolonged period can lead to flat spots, particularly if it's fitted with retro bias ply tires or softer radials.



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Offers available from December 1 – 31, 2016. Rogue One: A Star Wars Story © 2016 & TM Lucasfilm Ltd. *Boxing Month Bonus applies to cash purchase only. Maximum \$2,000 available on 2017 Altima. *No payments for 90 days applies to any new and previously unregistered 2016 Micra (except S MT S5LG56 AA00)/2016 Versa (except S MT B5RG56 AA00) /2016 Sentra (except S MT C4LG56 AA00) /2016 Rogue (except S FWD Y6RG16 AA00) models financed through Nissan Canada Finance Inc. ("NCF"), on approved credit, between Dec. 7 2016 and Jan. 3, 2017. Offer only applies to finance contracts through NCF with a term of 72 months or less. Bi-monthly payments are deferred for 90 days. Contracts will be extended accordingly. Interest charges (if any) will start to accrue from the beginning of the finance contract and the purchaser will repay principal and interest bimonthly over the term of the contract, but not until 90 days after the contract date. Conditions apply. Offer is subject to change or cancellation without notice. Payments cannot be made on a weekly basis, for advertising purposes only. *Representative monthly lease offer based on a new 2017 Rogue S FWD/2017 Sentra S MT/2017 Pathfinder S 4x2. 0.99%/0.99%/4.75% lease APR for 60/60/60 months equals monthly payments of \$258/\$170/\$381 with \$995/\$0/\$0 down payment, and \$0 security deposit. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$16,462/\$10,222/\$22,852. Lease Cash of \$750/\$1,500/\$0 is included in the advertised offer. *Total Standard rate finance incentives of \$5,600/\$5,000/\$6,800 applicable, on approved credit, when financing a new 2016 Rogue SL/2016 Sentra SL/2016 Pathfinder Platinum through Nissan Canada Finance Inc. ("NCF") at standard rates. Total incentives consist of: (i) \$5,000/\$4,500/\$6,000 NCF Standard Rate Finance Cash that will be deducted from the negotiated selling price before taxes; and (ii) \$600/\$500/\$800 Loyalty Conquest Cash that will be deducted from the negotiated selling price after taxes. Incentives cannot be combined with lease rates, subvented lease/finance rates or with any other offers. **Loyalty/Conquest Cash("Offer") is available only to eligible customers who, in the 90 days preceding the date of lease/finance of an Eligible New Vehicle (defined below), have leased or financed a 2007 or newer Nissan, Honda, Toyota, Mazda or Hyundai brand vehicle (an "Existing Vehicle") within past 90-days. Eligibility for the Offer will be determined by Nissan Canada Inc. ("NCI") in its sole discretion. Proof of current ownership/lease/finance contract will be required. Offer is not transferrable or assignable, except to the current owner's spouse or a co-owner/co-lease of the existing vehicle (either of whom must reside within the same household as the intended recipient of the offer). Individuals who purchased/leased a vehicle under a business name can qualify for the program provided that the new deal is not a fleet deal and that the individual can provide valid documentation that they are the registered primary owner of the business. If the eligible customer elects to lease or finance a new and previously unregistered model year 2016 Nissan brand vehicle (excluding NV, Fleet and daily rentals) (an "Eligible New Vehicle") through Nissan Canada Finance Inc. (collectively "NCF"), then he/she will receive a specified amount of NCF Loyalty/Conquest Cash, as follows: (I) 2016 ALTIMA (\$2,000); (II) 2016 MICRA/VERSA NOTE/SENTRA (\$500); (III) 2016 JUKE/ROGUE (\$600); (IV) 2016 PATHFINDER (\$800); (V) 2016 TITAN XD (\$1,000); (VI) 2017 TITAN HALF TON (\$1,000); (VII) 2017 MICRA/VERSA NOTE/SENTRA (\$500); (VIII) 2017 ALTIMA (\$1,250); (IX) 2017 ROGUE/JUKE (\$600); (X) 2017 PATHFINDER (\$800). Loyalty/Conquest Dollars will be applied after taxes. Offer is combinable with other NCF incentives, but is not combinable with the Nissan Loyalty program. Offer valid on vehicles delivered between December 1-31, 2016. *Models shown \$38,524/\$37,474/\$28,029/\$27,729/\$50,404/\$49,324 Selling price for a new 2017 Rogue SL (PR00)/ 2016 Rogue SL (BK00)/2017 Sentra SR (RL00)/ 2016 Sentra SR (AA00)/2017 Pathfinder Platinum/2016 Pathfinder Platinum. All Pricing includes Freight and PDE charges (\$1,795/\$1,600/\$1,795) air-conditioning levy (\$100), applicable fees, manufacturer's rebate and dealer participation where applicable. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. See your participating Nissan retailer for complete details. Certain conditions apply. *2016 Nissan Canada Inc.

This custom Lexus is literally LIT

+ IN BRIEF

Alfa Romeo's stunning sedan finally has a price

The 2017 Alfa Romeo Giulia will start from \$50,790 including destination in Canada. The base-model Alfa Romeo Giulia is powered by a 2.0-litre turbo-charged four-cylinder engine with 280 horsepower and 306 pound-feet of torque while paired to an eight-speed automatic transmission. Standard on the sedan are leather seats, 10-way power front seats including four-way lumbar, bi-xenon headlights with signature LED daytime running lights and LED tail lights, dual exhaust, backup camera with dynamic gridlines and rear park sensors, bright chrome window trim surround, remote proximity sensor with push button start, remote start, seven-inch full-colour TFT display and more.

JASON SIU/AUTOGUIDE.COM

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

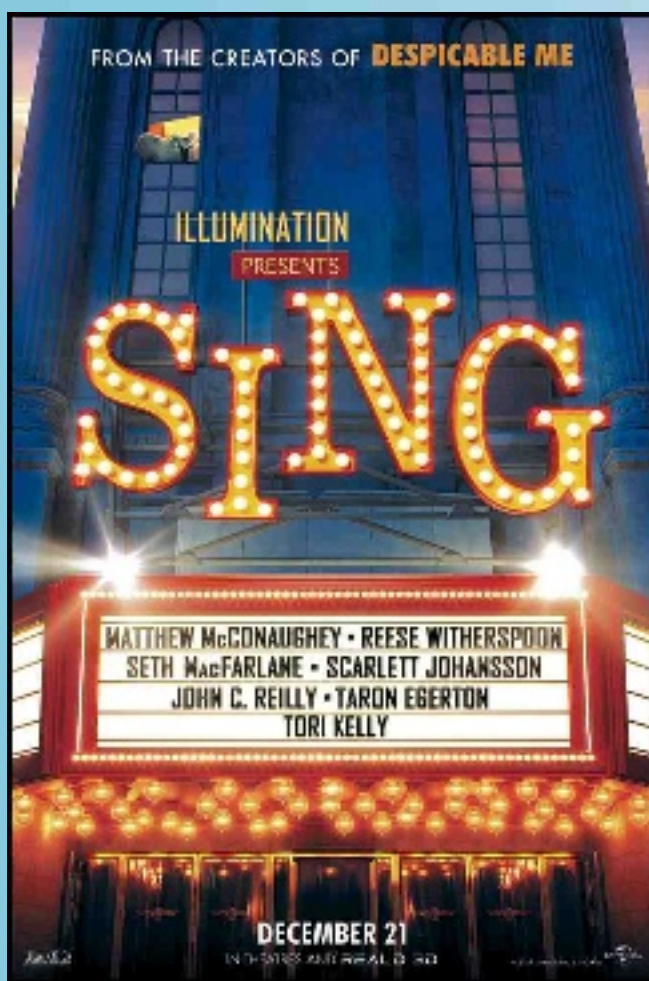


LED LIGHTS

Lexus stars in music video

Producing 175,000 lumens when fully illuminated, the Lexus LIT IS has just debuted featuring 41,999 programmable LEDs. According to the Japanese luxury automaker, the custom IS was designed to send a bold signal, with the LEDs turning the sedan into a screen capable of broadcasting graphics and videos. The LIT IS is featured in U.K. chart-topping artist Dua Lipa's new music video for her hit song Be the One. To showcase the Lexus IS as a work of art, technology, and design, Lexus teamed up with Vevo to use hand-applied LEDs to help generate colourful, mesmerizing animations in response to gestures and music. If all the LED strips that were used on the LIT IS were placed end to end, it would stretch half a mile in length.

JASON SIU/AUTOGUIDE.COM



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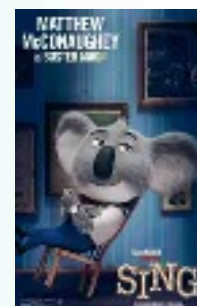
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In theatres December 21 in REAL D 3D

Boucher concerned over Senators’ compete level

NHL Team put through tough practice after 1-3 road trip

Guy Boucher says he doesn’t mind bruising a few egos if it stops the bad habits that have been creeping into the Ottawa Senators’ play lately.

Practising for the first time since a disappointing four-game road trip that saw them win just once, the Senators head coach was critical of every error and had no problem voicing his displeasure.

Not only did Boucher stop drills if he didn’t like what he saw, he pointed fingers at those making the mistakes.

Asked if he was worried about players taking exception to the criticism, he said if anyone takes issue with being singled out then the team has much bigger problems.

“If we’re that fragile, we don’t deserve to be in the playoffs,” said Boucher. “I believe we’re a team that can acquire a much better work ethic than we had last game because we had it before.”

The Senators (16-11-2) host the San Jose Sharks (16-11-1) Wednesday and Boucher knows his team can’t afford to let things slide, which was one of the reasons he was so frustrated by mistakes



Ducks winger Jakob Silfverberg controls the puck against the Senators’ Bobby Ryan with teammate Shea Theodore trailing on Sunday in Anaheim. ALEX GALLARDO/THE ASSOCIATED PRESS

during practice.

Players expected a tough practice considering the result of the road trip, and as for Boucher’s outbursts most saw no

issue with it.

“You make mistakes and you need to be professional to take that criticism and get better,” said veteran Chris Kelly. “That’s

all he’s trying to do is make us a better team, better players. It’s nothing personal and I think we need to realize that.”

Practice focused mainly on

+ IN GOAL

■ Mike Condon will get the start Wednesday with Andrew Hammond as his backup.

■ It doesn’t appear Craig Anderson, whose wife is undergoing treatment for throat cancer in New York, will be re-joining the team before the Christmas break as Boucher said he expects Anderson to be gone “for a while.”

battle and compete drills as Boucher was frustrated by his team’s effort in a 5-1 loss to Anaheim on Sunday.

“Our compete level wasn’t good enough and that’s just unacceptable,” said Boucher. “You can make some mistakes. There is another team that’s playing well and wants to win, it’s the NHL, you’re not alone on the ice, but when our compete level isn’t there and we’re not first on puck on purpose that’s something we can’t accept of ourselves.

“We’re a much harder team to play against than we showed the last game and the last four periods and that’s not something you just ask for. When you see it slip away you’ve got to get back in practice and do it and when you do it in practice, you do it in games.” THE CANADIAN PRESS

AWARDS

Oleksiak wins Lou Marsh Trophy

You could excuse Penny Oleksiak for being a little distracted during her high school law class on Tuesday.

After winning four Olympic medals last summer in Rio, she knew she was in the mix for the Lou Marsh Trophy as Canada’s athlete of the year. Oleksiak’s teacher let her check her phone during class and the 16-year-old swimmer eventually got the news she was looking for.

Oleksiak was named the winner of the Toronto Star award, selected annually by a panel of sports journalists from across the country.

“It was pretty exciting when I found out,” Oleksiak said on a conference call. “One of my teachers, Mr. McAlpine, is across the hallway. He was like freaking out after class when he found out. So that was fun.”

It was the latest accomplishment in what has been a dream year for the Toronto swimmer.

Oleksiak, who won Olympic gold in the 100-metre freestyle, served as Canadian flag-bearer at the closing ceremony at Maracana Stadium. She added four more medals at the short-course world championship this month in Windsor.

“I think I really learned that I’m stronger than I think,” Oleksiak said of her season. “I want to say that just because going into Rio, I definitely had my doubts about myself. I didn’t think I’d be able to even get into finals.

“I think I proved to myself that I trained pretty hard last year and that I was able to exceed expectations.”

THE CANADIAN PRESS



Penny Oleksiak
GETTY IMAGES

DOPING

Sliding worlds pulled from Russia

Avoiding what would have almost certainly been a widely boycotted world championships, international officials pulled this season’s biggest bobsled and skeleton competition out of Russia on Tuesday after a number of sliders said they would not compete in a nation so enveloped in a doping scandal.

The decision was immediately praised by sliders and decried by Russian officials.

A new site — Germany and



The process probably isn’t going to be clean or pretty, but this needs to be fixed.

Skeleton racer Matt Antoine

the U.S. are potential hosts — will likely be announced in the coming days. THE ASSOCIATED PRESS



IN BRIEF

Everton downs Arsenal on 86th-minute goal

Ashley Williams scored an 86th-minute winner as Everton came from behind to beat title-chasing Arsenal 2-1 at Goodison Park on Tuesday.

Arsenal’s title credentials took a hit with sloppy defending at the end of both halves, with Seamus Coleman heading home unmarked for the equalizer in the 44th minute and Williams rising highest at a corner to glance in the winner. THE ASSOCIATED PRESS

SOCCER

Plastic-bag Messi meets the real deal

Nearly a year after an image of him wearing an improvised Lionel Messi jersey made from a plastic bag went viral, Murtaza Ahmadi finally met his idol.

The six-year-old Afghan boy made a special trip to Qatar, where Messi was with his Barcelona teammates to play a friendly match against Al Ahli on Tuesday.

Murtaza walked out onto the field with the five-time world player of the year before the match. THE ASSOCIATED PRESS



Murtaza Ahmadi, 6, poses for a photo with Lionel Messi and Barcelona. GETTY IMAGES

+ FINALISTS

- Sidney Crosby
- Andre De Grasse
- Brooke Henderson
- Aurelie Rivard
- Milos Raonic
- Derek Drouin

MAKE IT TONIGHT

Comforting Mushroom Cheddar Chowder



PHOTO: MARY VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

Even mushroom skeptics will love this creamy, vitamin-rich soup.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients

- 1/4 cup unsalted butter
- 1 large shallot, diced
- 3 cloves garlic, diced
- 1 carrot, diced
- 1 lb mushrooms, sliced (we like to use a mix of cremini and portobello)
- 2 cups vegetable stock
- 3 Tbsp spelt flour
- 1 cup milk
- 1 teaspoon salt
- Pinch of pepper
- 1/2 cup grated cheddar cheese
- 2 Tbsp sour cream or Greek yogurt

Directions

1. In large pot over medium heat, melt half the butter. Add shallot, garlic and carrot and sauté until crisp-tender. Pour in half the stock, then add mushrooms, reduce heat and simmer for 15 minutes.

2. In a small saucepan, melt rest of the butter. Gradually add flour, whisking until smooth. Add milk and bring to a boil, then immediately reduce heat and continue whisking until mixture thickens a bit, 2 to 3 minutes. Add to soup.

3. Stir in remaining stock. Season with salt and pepper. Remove pot from heat and, using an immersion blender, blend soup until desired consistency.

4. Ladle into bowls and serve with a helping of grated cheddar, dollop of sour cream or Greek yogurt.

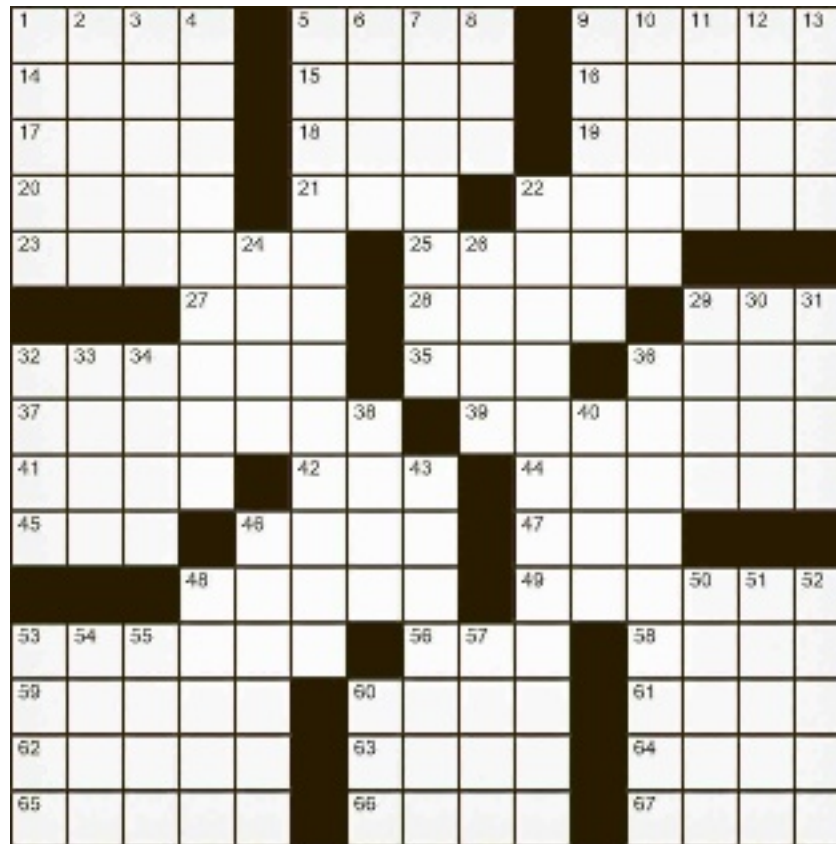
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Marvel Comics supervillain, _ the Conqueror
- Santa's gifts carrier
- Sir Newton
- Roman love god
- Moisturizer ingredient
- Figure out
- Appraise
- 'W' in WSJ
- Muggy
- Avoir's cohort
- Richie, to Joanie
- Grate
- Austria's capital
- Pastes
- Driver's _
- Chemist's table salt
- Stephen of "The Crying Game" (1992)
- Hard blow sound
- Cheers _ 1895
- Twenty = Two _
- Stovetop parts
- 'Knee' and 'knot' both begin with one, _
- Ripened
- Mr. Pacino's
- NHL team in Edmonton
- Mr. Howard
- Pesky fly
- Compass dir.
- 1999 flick in which Alanis Morissette plays God
- Big name in fine art in Canada (Where the masterpiece at #50-Down went to the highest bidder)
- _ lights (Hollywood premiere illuminators)



- One plus One's answer
- Scottish singer Donovan's actress daughter Ms. Skye
- On _ (Winning)
- Boyfriend
- _ Hubbard (Sci-entology founder)

- Novel's name
- "_ fair in love..."
- Gladiator's 2051
- Discharge
- Actor, Dick Van _
- Slitherer's noises

DOWN

- Alex _ ("Grey's Anatomy" character)
- Violin-making family
- _-Dame Cathedral, in Paris
- Where Nuuk is the capital city
- #9-Down is part

- of the what in the Canadian Rockies in Alberta?: 2 wds.
- Wing-like
- Fellow's fragrance
- Ms. Ripa, to pals
- Mount _ (Peak depicted in the circa 1926 oil on canvas at #50-Down)

- Turns, as milk
- _ mater
- Keen
- Relinquish control
- Firm such as #49-Across: 2 wds.
- Kind
- Glasgow gal
- Mr. Auberjonois
- _ 'acte (Inter-mission)
- Inquires
- Ski lift
- Men's label, _ Boss
- Songbird variety
- Made-for-TV movies
- Hip poetry show
- Extra's delivery on set
- Distinguished
- Medieval 'mug'
- Barbie and Ken
- As per #49-Across... Mountain _ (Group of Seven artist Lauren Harris' painting which recently sold for a record-breaking \$11.21 million)
- Organic compounds
- German filmmaker Ms. Riefenstahl's
- Fill, as hunger
- Li'l math course
- Automatic
- Stroll
- U2 song

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your focus is on home and family. If you get a chance, you will prefer to cocoon at home and hide from the busy world out there.

Taurus April 21 - May 21
You have a need to communicate with others today, which is why it's a good day to talk to siblings, relatives and neighbors. It's time to plug in to the local gossip scene.

Gemini May 22 - June 21
If shopping today, you will be more emotional than usual about what you choose to buy. Yes, this could lead to retail therapy.

Cancer June 22 - July 23
Today the Moon is in your sign, which will make you more emotional than usual about practically anything. However, it also improves your luck.

Leo July 24 - Aug. 23
Work alone or behind the scenes today, because that will make you feel better. You want to pull in and hide somewhat. Take a breather from your busy social life.

Virgo Aug. 24 - Sept. 23
A conversation with a female acquaintance might be meaningful today. In fact, this conversation might actually prompt you to modify or change your future goals.

Libra Sept. 24 - Oct. 23
Personal details about your private life may become public today. Be aware of this in case you have to do some damage control.

Scorpio Oct. 24 - Nov. 22
Take a trip or do something different today, because you need a change of scenery. At least change your daily routine. Visit an exotic restaurant.

Sagittarius Nov. 23 - Dec. 21
) Today you might want to take care of loose details about inheritances and shared property, because that would be appropriate. (But you won't want to let go of something.)

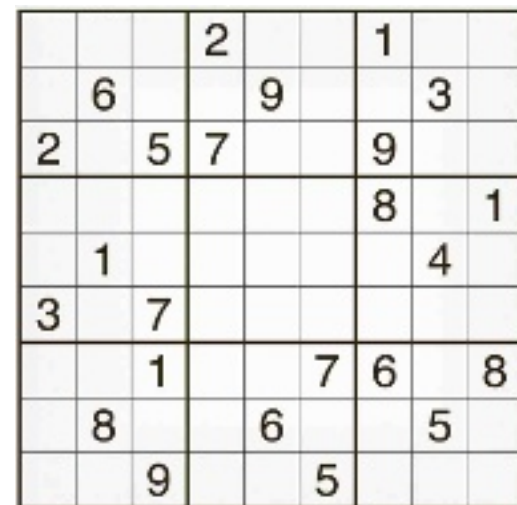
Capricorn Dec. 22 - Jan. 20
Be prepared to go more than half-way when dealing with others, because the Moon is opposite your sign today. This simply requires a little tolerance and compromise.

Aquarius Jan. 21 - Feb. 19
Make an extra effort today to do something to help you feel better organized. Put your papers in neat little piles; clean out the back-seat of your car. Do something.

Pisces Feb. 20 - March 20
This is a playful, flirtatious and prankish day! Enjoy fun times with others, especially younger people. You might extend an invitation to a social event to a boss.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S ANSWERS

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